

Spring 2015

Newsletter nr 3



Christophorus House
Retirement Village

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Editor's Letter

If you had watched the night sky in July then you will have been as amazed as I was at seeing the alignment of Venus and Jupiter. This constellation happens roughly every five to 10 years. Someone told me that it occurred on earth at the time of Christ, over 2000 years ago. Also, on 9th July, the International Space Station could

be seen as it passed Venus and Jupiter at 5.31pm AEST. It looked like a bright, moving star in the north-western sky as it passed the alignment of Venus and Jupiter with the crescent moon making its appearance a few days later. What a remarkable heavenly event!



Back on earth however, I am sad to report that long-time self care resident Barbara Harding unexpectedly crossed the threshold (into the heavens!) on 1st July. Her son as well as a resident share their tribute to her life in this issue. Kathy writes about VIP guest Bill Arndell's reunion of retired Highway Patrol Officers. It was a most exciting occasion for Bill as you will read. As usual, Jan shares some good humour with poetry and there's a twist on brain exercises. We farewell

our friend and self care resident Cynthia who moved to another facility in July. We will miss her warmth and gentleness. Welcome home to jet-setting Ruth who has just returned from 3 weeks around Europe, and Jim who trekked the Northern Territory. Who said being retired meant having a quiet life! As always, Milan's report on important matters such as the building development is a good read as well as new developments regarding Work Health & Safety. The recent book launch of Reuben Lane's architecture was intended for this newsletter but will now be reported on in the Annual Report.

The Christophorus House library houses works by Rudolf Steiner and other authors, as well as DVD, an ebook and movies which are available for loans (Mon-Wed & Fridays, 8.30am to 5pm). *If you have a story, an article or poem to share for the next issue, please email me at mbebb@christophorushouse.com.au.*

Monika Bebb
Self Care Liaison Officer

Maintenance Matters

*Report by Hayden Ibbett,
Maintenance Supervisor*

What a difference in the weather since the last Newsletter! From the big rain to the big dry – this has enabled me to get the gutter cleaning done as well as the water pressure cleaning of footpaths. Some problem trees have been removed and necessary pruning carried out around the Village.

ILU Units 1 and 21 are currently undergoing renovations with an expected date of completion mid September. The recent annual Food Safety Audit in the Hostel kitchen was carried out and I'm proud to announce we received another A-grade rating. On the whole, everything is running smoothly with normal day-to-day maintenance issues keeping me busy as usual. Until next time – bring on Spring!



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Hostel Hours: Staff on duty at all times, 7 days
per week (After Hours after 6pm 0403 575 079)

Patron: Dr h.c. Karl Kaltenbach, OAM;

Board Members: Chairman Robert Allerdice,
Mary Arndell, Graham Long, Sune Nielsen,
Madeleine Pathe & John D Shaw. **CEO:** Milan
Telford; **Hostel Manager:** Denise Zhao; **Hostel
Supervisor:** Vik Sonea;

Self Care Liaison Officer: Monika Bebb;
Maintenance Supervisor: Hayden Ibbett.

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**If you have some information, an event or
an item you wish published, please contact
Monika on (02)9476 3161 ext 2 or email
mbebb@christophorushouse.com.au**

From the Desk of the Chief Executive



I have phone calls from prospective residents of our new ILU Development Project, at least one and sometimes more, each week. Construction on the project was to have been commenced in July; the only hold-up now is the finance. I want to apologise to all, for this delay; despite my best efforts, delays of over 32 working days were occasioned with the bank's 'second' Valuation Report and following receipt from the Valuer, the bank has now requested that the Report be re-done. I intend to write to all those who lodged 'Expression of Interest' forms within the next two weeks and explain in more detail what has happened and the current status of the finance. Unfortunately, until we have the finance, we are unable to

lock in the building contract, at a time when there is pressure being put on prices due to a building industry that is currently overheated.

Since our last newsletter, we had a very successful 'Open Day' in June. The day was sunny and warm, unlike the rainy days prior, and there was a constant stream of people coming through to see Christophorus and talk with residents and staff. The Chef put on a delicious barbecue and everyone seemed to enjoy their visit. The winners of the guessing competition from the day were; Lorraine Cogan in the Chocolate Bar Guess (guessed 49; actual 45); and Claire Cherubin in the Jelly Beans Guess (guessed 630; actual 655). The 'Open Day' is an industry co-ordinated event, run around the same date each year and will again be held next June. As we will be in construction phase then, there will be much to see and talk about, with more activities, and I would ask that you keep an eye out for the next 'Open Day' in the local Bush

Telegraph, our Newsletter as well as the website, as it will be well worth attending.

In July we had our annual 'Food Safety' external audit and received an 'A' grading. Food Safety in a high risk group such as the elderly is stringently monitored and rigorous in mandated requirements. The standards are tenfold that which one is likely to encounter in places such as restaurants. I would like to thank the team: the chef Robert, weekend cook Norma, staff Maria, Tracey and Mohong, Hostel Manager Denise and Supervisor Vik, and Maintenance staff Hayden and Dilu. Also, a big thank you to Andrew Borthwick our food consultant in policy and procedure and external audit, in preparation for the official external audit.

The Annual General Meeting will be held this year on Saturday 31st October, in the Cottage at 10.00am and members and residents are welcome. A package will be mailed out before this date.

Milan Telford

Poetry Corner



From Calendar of the Soul by Rudolf Steiner " Spring/Autumn

22nd week: (September 1 - 7)

The light from all around the universe
Powerfully survives within me.

It will become the light of my soul
And shine into the spirit depths---

To liberate fruits from the cosmic self
and let them ripen---
within the course of time---
Into my own human self.

31st week: (November 3 - 9)

The light from the depths of the spirit---
Striving outward like the sun---
Becomes the force of life and will,
And shines on the senses' dullness---

In order to liberate
Powers of creativity
From the urges of the soul,
And so to let them ripen as the deeds
Of women and of men.

THE WEAVER

My life is but a weaving
between the Lord and me
I cannot choose the colours
He worketh steadily.
Of times He weaveth sorrow,
and I, in foolish pride
Forget He sees the upper
and I the under side.

Not till the loom is silent
and the shuttles cease to fly;
Does God unroll the canvas
and explain the reason why?
The dark threads are as needful
in the skilful weavers hand
As the threads of gold and silver
In the pattern He has planned.



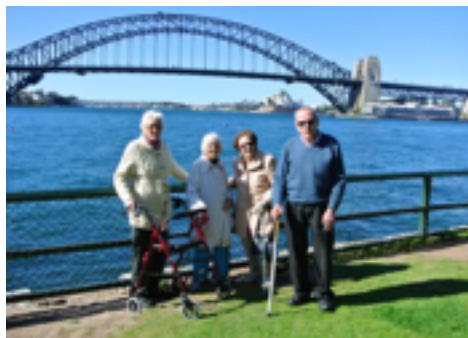
News from the Hostel

*Kathy Gasper,
Diversional Therapist*

Residents Big Day Out

Every now and then Vicki and I conspire to give the residents an extra special bus trip that requires some additional planning but yields great pleasure for everyone who participates. This time we decided to avail ourselves of the special exhibition at Sydney Museum 'Toys through Time.'

We were blessed with beautiful weather and, with the added bonus of it being the Bank Holiday Monday, it meant that traffic was light and parking in the city easy. As the residents attending missed out on their usual morning tea, we stopped at Lavender Bay to have a cuppa and were treated to the most beautiful view of the Harbour Bridge and Opera House.



Once inside the Museum it was an easy elevator ride to the first floor and a step back to a time of paper doll dress ups, tin soldiers, dinky bikes and my personal favourite

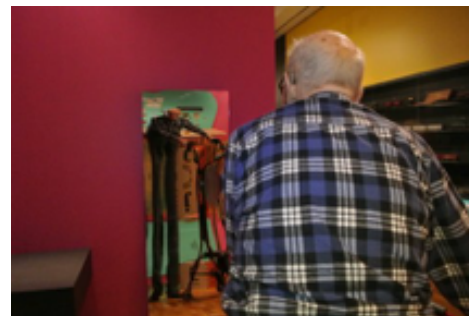


Tooley Birds that were collected from cereal boxes. We were all taken back to an era when toys were very precious and were more than likely acquired from the local dump and then done up. There was also an extensive display of Ginger Meggs memorabilia that had a whole room to itself. It was amazing to us that the curators had acquired the very last comic strip that Jimmy Bancks was working on.

Many of the residents also enjoyed the permanent exhibits depicting the changing face of homes and streets in Sydney and the building of the Harbour Bridge, as well as



some interesting interactive and tactile artefacts such as possum fur and the poisonous relative of the macadamia nut. I hope I never mistake these nuts for their delicious cousins. It was then time to have lunch so we stopped off at North Ryde RSL and enjoyed a delicious meal with very helpful service.

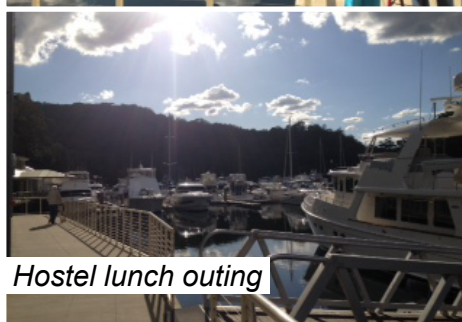
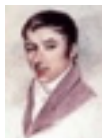


It was a big day for all of us however the memories and pleasure that were gained was well worth the effort.

**"All the world is a little
strange save thee and me,
and even thou art a little
strange at times."**

*Robert Owen
14 May 1771*

—
17 November 1858



Hostel lunch outing



Hostel High Tea

Bill Arndell: VIP guest at reunion of retired Highway Patrol Officers

Kathy Gasper, *Diversional PT*

We couldn't have been prouder as Bill went to this special reunion on Friday the 7th of August. Bill was resplendent in his suit and he had a plainclothes car to drive him to the event held at the police force's Huntingwood facility.

Bill was indeed the VIP guest for the day being interviewed by all commercial network news programs and having his photo taken with many members of the force.

Bill reported that the police commissioner (Andrew Scipione) was a very impressive person who made plenty of time to have a chin wag with Bill. He also met another retired officer (no names please)



with whom he had not seen eye to eye with whilst they were working in the force however they got on very well with each other at the gathering.

Bill was a bit concerned that he may have been dressed too formally for the day's proceedings however as he was featured in every news coverage that evening I'm glad that he was in his best bib and tucker. He certainly scrubbed up well!

I know that Bill was very keen to go to this reunion and that he certainly had a wonderful day. We all add our hearty congratulations to a wonderful man who continues to enjoy and participate in all the adventures that life brings.

To see Bill in action follow:
<https://www.youtube.com/watch?v=QJsrf8bobKY>
<https://au.news.yahoo.com/video/watch/29210270/highway-patrol-officers-honoured/#page1>

Work Health & Safety Corner (WH&S)

Milan Telford, CEO



Can you read the fine print?
"Also, the bridge is out ahead".

This kind-a makes one think, which is the more serious safety issue: the sign itself or the actual message that is intended to be communicated? Signs can sometimes be a distraction, so if one is concentrating on a sign and losing focus on one's surroundings, then this itself could potentially lead to an incident.

At CHRV we have quite a number of signs. They are intended to communicate, such as where the office or the Hostel is; they are intended for safety reasons, such as the 10km speed limit sign and more recently the sign about not reversing into the property and finally some are there because of legal reasons such as the 'plan' for the fire sprinkler system which the Fire Brigade requires in the event of an emergency.

The use of signage is something that comes out of a history of Common Law cases. The Common Law for example, in decades past, required a sign on a beach to warn swimmers not to dive into shallow water. Before such signage, Councils could be sued for injuries sustained

(although today this is mitigated by the Civil Liability (NSW) Act 2001). Signage became the norm in mitigating liability in injury cases.

We need signage, are required to have signage, but it is clear from an experiment we conducted once here on the property, many did not read the sign that was put up. So what is the solution? I would encourage residents and visitors, when on the property and on foot, to just walk around and read the signs once, in order to familiarise themselves with the signage. In particular, residents who drive should make themselves aware of all the signage on the property. This would be a very good place to start in Work Health & Safety by residents and their visitors and fulfilling their duty of 'reasonable care.'

IN MEMORIAM: Barbara Harding, 17.6.1930 - 1.7.2015

Steven Harding – spoken at the Remembrance Gathering on Saturday 18th July 2015:

Barbara was born on the 17th of June 1930 to Hector and Marie. She grew up in Lakemba with her two younger sisters Wendy and Fay. Barbara was a good student who loved to read, a passion which she maintained throughout her life. If you were ever unsure of what to get her for a birthday or Christmas you knew she would always appreciate a good book.

She grew into a beautiful young woman and in the 50's met and married Richard. They built a house at Caringbah where they brought up three children Steven, David and Sue. It seemed to me that in the sixties a woman's place was in the home and Barbara made a very good wife and mother. She was a great cook. I have memories of pots simmering on the stove and the lovely smell of cakes and slices baking in the oven. Once she ventured into the garden to do some weeding and when Richard got home he asked who had pulled out all his tomato plants. When he had replanted them I went down to have a look; I thought they looked like weeds as well. Despite the challenge of having a child with a disability to care for she always found time to make sure I felt loved and cared for, too.



In the 70's a strange book appeared called the Female Eunuch by Germaine Greer. Soon after this Barbara announced that we would all have to do more around the house to help out as she was going to tech to study welfare work; she would also be teaching me how to iron. I wasn't sure who or what was responsible for this outrage but I knew this Germaine Greer person had some thing to do with it. Barbara soon had a job at Sutherland Hospital where she helped many people.

When Dick and Barbara retired they moved to Springwood in the Blue Mountains for a short time before coming here to Christophorus House. She was always very happy here and for that I would like to thank the people of Christophorus House. Dick passed away a few years ago and after a short period of mourning, Barbara got on with her life.

On my many visits for lunch she would most often bring out the Scrabble board and give me a sound thrashing. She would put words that ran down the side of other words creating all these two letter words. She would add it all up "54 I got for that, it's the Q: see, I have it twice – it's on a double word." "Qi isn't a word" I would say "Oh it is, Steven!" as she handed me the card with all the two letter words on it. "Your turn" – "16 you got for that – well done Steven!"



When I got the call Barbara had had a heart attack, I rushed to the hospital to find her in bed with David sitting next to her. "Mum, are you alright?" I said. "Oh dear" she replied "poor David – this will ruin his Easter holiday." That's the way she was – she never put herself first.

On one occasion when I visited mum in hospital I found her in a reflective mood staring out the window. She turned to me and said "I'm not scared of death – it would be just like going to sleep only you don't wake up." But I think when you die you do wake up and realise that this [life] is the dream and reality is something quite different.

Barbara lived a rich full life, had a happy retirement followed by a short illness and while I would have liked to have had her around for a while longer, I can't complain. She was as bright as a button till the end, still giving me those disapproving looks and tut-tutting when I said or did something ridiculous. Barbara Harding was my mother and I never wished it were different.

Rose-Marie van Hoogstraten, Christophorus House resident:

We had the privilege of having Barbara and Richard Harding in our midst at Christophorus House since 1999. Barbara had a long and productive life right to the end, and a strong marriage, which lasted through all the windstorms of life. I always regarded Barbara and Richard as the guardians of the entrance " their unit being number 1.

Barbara and Richard moved to Christophorus House to be nearer to David, their son, who is still in residence at Warrah. This meant that David could be brought home for weekends and for holidays.

Both Barbara and Richard were extremely artistic and practical, used the Annex for years as their art/craft and pottery room and where Trixie, from the Hostel, joined them with her delicate handmade pressed flower pictures and cards. Barbara worked in mosaic and Richard then set these in frames, be it a mirror, collapsible table, birdbath, tray and a variety of other items. They also worked in pottery thrown on a wheel, and in sculpted glass. Not only was Barbara skilled in watercolour painting, she was also a very good knitter and made beautiful scarves and neck wraps. She worked at the craft shop in Gordon, as a volunteer, where her creations were sold.

Barbara and Richard enjoyed playing scrabble and bridge and set up a foursome to regularly play. Together with Barbara and Richard, we revived the Christophorus House Residents' Committee in 2000 and Barbara served as Chair Person until 2013, still remaining on the committee until she went into Hospital. Barbara also took on the role of being the contact person for the Retirement Villages Residents Association (RVRA) and handed this over in June 2015. She was also the organiser of the monthly Self Care outings, choosing venues and locations in many beautiful places. She organised it all and handed over everything in excellent order – all this at the age of 85.

Barbara was always very grounded and fair in her opinions and her door was always open – she was our Wise Owl. Her mission was to be there for David, her handicapped son, and for all her family.

Barbara was not afraid of dying. She quite courageously spoke about this. We are deeply grateful for the rich colours woven into the Christophorus House tapestry by Barbara and Richard over their 16 years of residence in Self-Care.



Reflections

Brain exercises

One One was a race horse
Two Two was one too
One One won one race
Two Two won one too

Owen Moore went to town one day
Intending all his bills to pay
Owen Moore came home that day
Owing Moore

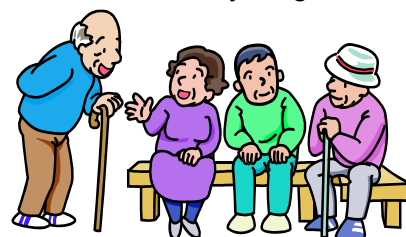
Supplied by M Telford

Youth

is not a time of life, it is a state of mind ... it is the freshness of the deep spring of eternal life. No one grows old just by living a number of years - we grow old by deserting our ideals. Whether sixty or sixteen, we can experience the wonder in the undaunted challenge of daily living, in the unfailing and childlike enthusiasm for the future, in the joy of loving and giving.



You are as young as your faith and your confidence, as old as your fear and your doubt. As long as you are open to receive messages of beauty, love, hope, courage and good cheer, YOU are young.

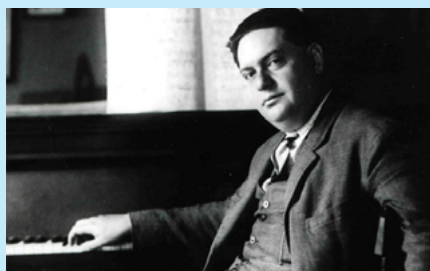


Knowledge speaks but wisdom listens - author unknown

Calendar of Events

September

2



Talk: Darius Milhaud, French composer

9



Talk: Sun & Moon

16



Talk: "Hans in Luck" – fairy tale

22

Michaelmas concert - to be confirmed

30



Talk: Deodat de Severac, French composer



October

3

Christian Community service with Reverend Lisa Devine

4

Daylight Savings

5

Labour Day

7

Talk: title to be advised

12

Monthly bus outing – for Self Care residents

14

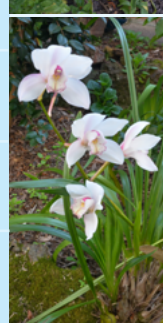
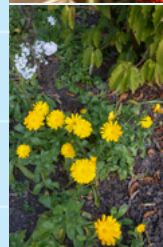
Talk: "Faithful John" – a fairy tale of the Brothers

21

Talk: Saturn – Lead – Memory, spleen

31

Christophorus House Annual General Meeting, 10am



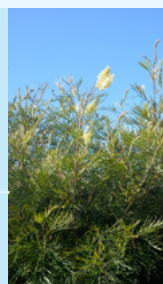
November

3

Melbourne Cup

9

Monthly bus outing – for Self Care residents



Please check our website for talks and presentations at christophorushouse.com.au

Contact Monika on 9476 3161 ext 2 beforehand to confirm times and dates as changes may occur due to unforeseen circumstances.

Regular Events enquiries Monika (02) 9476 3161
Hostel Lounge Room talks with Wolfgang Devine weekly on Wednesdays at 2.30pm. Check our website for topics or call Monika to enquire.

Scrabble and other activities happen in the Hostel's Evelyn Latter Room on Mondays.

Social Activity is held in the Cottage on the first Monday of the month.

Music with Rowlanda in the Hostel lounge on Mondays and Fridays at 1pm.

Board Meetings are held on the third Monday.

Footbath/Leg Massage Therapy is held weekly now in the upstairs Hostel lounge. Visitors welcome - bookings essential. Phone 0400 430 830.